

# ***All About AES***

The (mostly) weekly newsletter from AES

Our mission: Exceptional instruction without exception

September 28, 2016

## **Calendar**



### **Destination ImagiNation info and signups tonight at 6:30 in at AES**

October 1 Fireball Run – downtown Amesbury

October 5 PRT early release 1:00 pm dismissal

### ***Principally Speaking***

So what is a “Once in a Lifetime Event?” It can mean many things to individuals, but this weekend Amesbury has the opportunity to experience one of these events as a whole community. This Saturday, the Fireball Run completes its 10<sup>th</sup> anniversary event. Designed to increase awareness of missing children, Saturday’s day-long celebration will shine the spotlight Amesbury. Events begin in the Upper Millyard at 11:00 am and in a pedestrian village set up on Water Street at noon. There is something for everyone with the Finish Line Parade coming right through the center of town at 4:00 pm. There is always a lot happening in Amesbury, but this Saturday may turn out to be one for the record books!!

### ***In the News – What has happened is happening and will happen around AES***

The Museum of Science visited the second grades and presented a program on Habitats where students explore the ideal habitats for a number of the museum’s live animal brought in for students to observe. The staff guided the students as they used clues to figure out the ideal shelter and food for each animal, using inference to determine what the ideal place was for each animal to live. The staff also brought a collection of skins, bones, and feathers for students to touch so they can actually feel some of the characteristics that help these animals survive.

Mrs. Ripley’s class recently experienced a fun and engaging math scavenger hunt. Using the math curriculum workbook, she cut up each question and taped them around the room. Then gave the students an answer sheet which was just numbered, containing slots in which they were to write the answer and use graph paper to show their work. They moved around the room with a clipboard, answering each problem in either pairs or independently. After seeing this used by a colleague, she now does this activity before almost every test. The kids seems to like the movement, and it really holds their attention as well as their interest. While the students are exploring, she is able to then pull two at a time to go over the questions in small group to confirm their understanding of the concepts being worked on.

Get ready! The book fair is coming ... October 20-27. More details coming soon!

There will be a PTO meeting TONIGHT the 28th of September at 6:30 P.M. in the CES cafeteria.

Please come by to find out about up and coming activities the PTO is involved in, children are welcome.

Please send any agenda items to Tom Cassidy  
([tomcassidyaps@gmail.com](mailto:tomcassidyaps@gmail.com))



Erin Upton has offered to fill the vacant Executive Board position of Secretary from CES. We will be voting at this meeting to add Erin to the board. Additional nominations will be accepted at the meeting. Absentee ballots can be submitted to Sara Graham ([sara@grahamworld.com](mailto:sara@grahamworld.com)) or Tom Cassidy ([tomcassidyaps@gmail.com](mailto:tomcassidyaps@gmail.com)) before the meeting.

**Amesbury PTO ~ After School Enrichment ~ Fall 2016**  
**Registration for Fall ASE classes is now open.**

**WHAT IS AFTER SCHOOL ENRICHMENT?** The Amesbury PTO is pleased to offer a variety of after school enrichment (ASE) classes at both elementary school locations. These enrichment classes are fun opportunities for parents, teachers or community members to share an interest or hobby with a small group of kids for an hour after school. Each class is held one day per week for four weeks. Classes for the fall ASE cycle begin the week of October 17th.

**HOW TO REGISTER:** Registrations are accepted on a rolling basis at each elementary school until the classes are filled or the registration deadline, whichever comes first. More information about the classes and the Registration Form are found on the following pages.

Registration forms and payment should be placed in the **PTO ASE DROP BOX** located in each school's main office. Please include the completed registration form and payment in a sealed envelope marked "PTO-ASE". Placements into open classes will be made based on availability. **Registration forms will not be accepted without payment** (cash, money order or personal check made out to "Amesbury PTO"). Please make certain to provide us with correct and legible contact information, **especially email**, on the form. This is how we contact you regarding your child's placement in the class as well as for any communication from the ASE Instructor.

**Registration for all classes will end Friday, October 7<sup>th</sup> at 3:00 PM.**

Classes begin the week of October 17th, 2016 and end the week of November 7th, 2016 (4 week session). When there is an early release or no school, there are no ASE classes. **Please note that there are no ASE classes Tuesday, November 8<sup>th</sup> and Friday, November 11<sup>th</sup>.** Classes will be made up on November 15<sup>th</sup> and 18<sup>th</sup>.

**Bus transportation will not be available for ASE participants, and the PTO does not provide transportation to or from classes.** Students taking a class at another school and Kindergarten students returning to school for 3:15 classes must find their own transportation.

Kindergarten classes run from 1:30 – 2:30, and students attending the Kindergarten-only classes must be picked up by a parent or guardian at 2:30PM. All grade 1 - 4 classes run from 3:15 - 4:15 PM, and students in those classes must be picked up no later than 4:20PM.

**The PTO reserves the right to cancel a class if it is insufficiently enrolled.**

Questions? Please contact Jen Clark: [AmesburyASE@gmail.com](mailto:AmesburyASE@gmail.com) or 617-416-4716.

## CASHMAN ELEMENTARY AFTER SCHOOL OFFERINGS – FALL 2016:

<b>CASHMAN #1</b>	<b>Youth Tennis</b>	<b>Monday, 3:15-4:15pm</b>	<b>Grades: K* - 4</b>
One of the most popular athletic programs in Amesbury! Children will learn the basics of tennis, including groundstrokes, volleys, and even serves. More importantly, your child will learn to play in a social environment where etiquette and sportsmanship are taught and expected. And, participants will have FUN while they learn new games and the skills of a life-long sport! Special guest appearances by high school coaches and AHS tennis players anticipated!			
*Please note, Kindergarten participants must have transportation back to CES for the 3:15pm start time.			
Instructor: Briana Sullivan	Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25	

<b>CASHMAN #2</b>	<b>Cake &amp; Cookie Decorating</b>	<b>Wednesday, 3:15-4:15pm</b>	<b>Grades: 1 - 4</b>
<b>CASHMAN #5</b>	<b>Cake &amp; Cookie Decorating</b>	<b>Friday, 3:15-4:15pm</b>	<b>Grades: 1 - 4</b>
This class is for decorating enthusiasts! Each week participants will learn new techniques for decorating cookies, cupcakes and more! At the end of each class the kids will bring home a special treat that will amaze family and friends. So cute you may not want to eat it, but so tasty you will! (NOTE: Cost of class includes materials fee)			
Instructor: Janna Hoffman	Limit: 12 kids per session	Cost: PTO member - \$25 Non Member - \$30	

<b>CASHMAN #3</b>	<b>Kindergarten Yoga</b>	<b>Thursday, 1:30-2:30pm</b>	<b>Grades: K only</b>
An introduction to yoga - what yoga is and how it can help us relax and breathe properly. The class will learn simple yoga poses that are fun and relaxing, incorporating stories and games. Children's yoga has many benefits, including: increased concentration, focus, attention and self-esteem, improved strength and flexibility, and decreased anxiety. Please have children wear comfortable clothes (no dresses/skirts/tights), as yoga is practiced barefoot. The instructor will have some mats available for use, but your child should bring a yoga mat if s/he has one, as well as water and a light snack to have prior to class. Children need to be able to listen and follow directions, for their own safety, and have an interest in yoga.			
Instructor: Paula Wilson	Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25	

<b>CASHMAN #4</b>	<b>Yoga for Kids</b>	<b>Thursday, 3:15-4:15pm</b>	<b>Grades: 1 - 4</b>
Yoga has numerous benefits for children. It can help them learn to listen to their breath, slow down, stretch their bodies, and relax. This class will help with flexibility, strength, balance and self-confidence. Children will learn yoga poses and ways to reduce stress while having fun, through games, stories and practice. Please have children wear comfortable clothes (no dresses/skirts/tights), as yoga is practiced barefoot. The instructor will have some mats available for use, but please have your child bring a yoga mat if possible, as well as water and a light snack to have prior to class. Children need to be able to listen and follow directions, for their own safety, and have an interest in yoga.			
Instructor: Paula Wilson	Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25	

## AMESBURY ELEMENTARY SCHOOL AFTER SCHOOL OFFERINGS – FALL 2016:

<b>AES #1</b>	<b>Trucks and Trains</b>	<b>Wednesday, 1:30-2:30pm</b>	<b>Grades: K only</b>
Does your child love to play with trucks or trains? If so, we hope she or he will come join us as we learn more about them and how they help the community, through books, dramatic play, block building and arts/crafts projects to support your child's love of learning!			
Instructor: Kris Darsney		Limit: 10 kids	Cost: PTO member - \$22 Non Member - \$27

<b>AES #2</b>	<b>Crafting Fun</b>	<b>Thursday, 3:15-4:15pm</b>	<b>Grades: K* - 4</b>
Fall is an extra-fun time for crafting! Participants will work on a different craft project each week, which may include seasonal favorites such as pumpkin decorating, leaf art, turkey crafts and/or holiday decorations. *Please note, Kindergarten participants must have transportation back to AES for the 3:15pm start time. Cost of class includes materials fee.			
Instructor: Kathleen Aiken		Limit: 11 kids	Cost: PTO member - \$30 Non Member - \$35

<b>AES #3</b>	<b>Youth Tennis</b>	<b>Friday, 3:15-4:15pm</b>	<b>Grades: K* - 4</b>
One of the most popular athletic programs in Amesbury! Children will learn the basics of tennis, including groundstrokes, volleys, and even serves. More importantly, your child will learn to play in a social environment where etiquette and sportsmanship are taught and expected. And, participants will have FUN while they learn new games and the skills of a life-long sport! Special guest appearances by high school coaches and AHS tennis players anticipated! *Please note, Kindergarten participants must have transportation back to AES for the 3:15pm start time.			
Instructor: Brett Manoloff		Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25

Child's School: AES CES

PTO Member: Y N

### Amesbury PTO

#### After School Enrichment - Registration Form

(This form must be filled out completely and legibly)

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent's name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail (very important, please write legibly): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Please list any medical concerns: \_\_\_\_\_

Class Name and #: \_\_\_\_\_ Cost: \_\_\_\_\_

Class Name and #: \_\_\_\_\_ Cost: \_\_\_\_\_

Class Name and #: \_\_\_\_\_ Cost: \_\_\_\_\_

**Total Paid:** \_\_\_\_\_

#### **Kindergarten Only Classes now parent pick up only - NO BUSES**

Please initial that you are aware of the 2:30 release for K only classes \_\_\_\_\_

**\*Please make checks payable to Amesbury PTO\***

**All classes are assigned on a first-come-first-serve basis.**

**The PTO reserves the right to cancel a class that is insufficiently enrolled.**

By allowing my child to participate, I agree that the Amesbury PTO shall not be liable for any accident, injury, property damage, real or personal loss, to my child in connection with any programs or events. I assume all the forgoing risk and accept personal responsibility for any and all damages resulting from injury, and/or damage to any personal or real property, and resolve to hold harmless the Amesbury PTO, its officers, and their assigns.

I understand that there is no medical provider on site.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print name: \_\_\_\_\_

*RHO KAPPA HISTORY HONOR  
SOCIETY*

HODGIE'S  
FUNDRAISER

4 - 8 p.m October 3rd



Support the Amesbury High School Rho Kappa Honor's Society from 4 - 8 pm on October 3rd by buying your favorite ice cream or sundae at Hodgie's Ice Cream. A percentage of the profit will be given to Rho Kappa.



Calling all Chili Savants,

Saturday October 8th from 11:00 AM to 2:00 PM Amesbury Jets Youth Football and Cheer will be sponsoring the second annual "Tackle Cancer Chili Cook off" at Landry Stadium in Amesbury.

**Trophies for *best spice, appearance, and top-overall* will be awarded to only the most-worthy contestants.**

Registration and entrance to the games and cook off are free, with a one-time \$10 chili tasting donation. Proceeds for the cook-off to benefit Tough Warrior Princesses.

Come watch some football, make or taste some chili and help raise a few bucks to tackle cancer from our small corner of the world.

RSVP to [board@amesburyjetsfootball.org](mailto:board@amesburyjetsfootball.org) by 10/1 to reserve your spot at the table and shot at chili glory.



**Tough Warrior Princesses**

Inspiring the Fight in EVERY Woman



[www.amesburyjetsfootball.org](http://www.amesburyjetsfootball.org)

[board@amesburyjetsfootball.org](mailto:board@amesburyjetsfootball.org)

**Come check out the amazing**

# **TIME CAR**

**Featured in television shows, movies, the NFL Network and FIREBALL RUN**



**WHEN: MONDAY OCTOBER 3<sup>rd</sup> from 5:00 to 8:00 PM**

**WHERE: MILLYARD, Market Square**

**WHY: Help kick off the 2017 Relay For Life of Amesbury**

**Flatbread Pizza, soda and water will be on sale also**

**DONATIONS WILL BENEFIT THE AMERICAN CANCER SOCIETY**

**Thanks to Flatbread Pizza & Vermettes Market**

**Sponsored by the Amesbury Police Relay Team**

Keep an eye out for Box Tops & start clipping!



AES and the Amesbury PTO are holding another Box Tops for Education fundraiser. The class that brings in the most Box Tops wins a

**PIZZA PARTY!!**

*The winner in last year was Mrs. Naughton's room!*

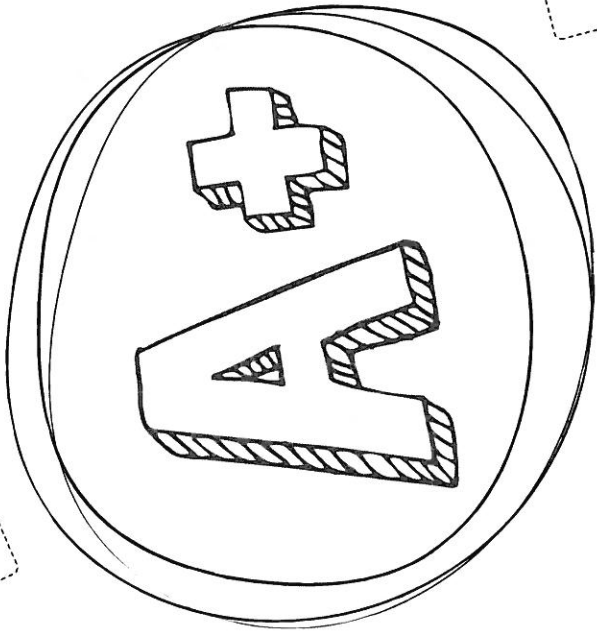
*Last year AES received a check for  
\$1656.50 from ALL of your clipping and saving.  
Let's see if we can beat that amount this year!*

Use the collection sheet to pass in your BOX TOPS!  
Make sure to write your name and teacher, so your  
class gets credit!

**Good Luck!**



BOX TOPS  
CLIPPER!



BE AN

Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school.  
Bonus certificates should not be attached to this sheet - please submit them separately.  
To see more ways to earn cash for your child's school, go to [BTFE.com](http://BTFE.com).

NAME: \_\_\_\_\_

TEACHER: \_\_\_\_\_



# **Amesbury Educational Foundation, Inc.**

## **Stephen Gerber "Stroke of Genius" Award**

AEFI's newest award, the "Stroke of Genius" Award (named after former APS superintendent Stephen Gerber), was created to honor grassroots leadership that has inspired innovation in the Amesbury Public Schools. This year's recipient is principal Eryn Maguire and the staff at the Amesbury Innovation High School! Congratulations, AIHS staff, and thank you for your time, energy, and commitment to our students!

**Visit our website!**  
**[www.aefionline.com](http://www.aefionline.com)**

## **Upcoming Events**

### **American Music and Harvest Festival: September 24**

Details are on the reverse. Please note that when you order in advance, 100% of your ticket sales go to support AEFI. Yes, 100%! Please order tickets today and know that you are not only going to enjoy a fantastic day of music and activities with your family, but you are making a generous donation to AEFI!

### **Autumn Evening of Giving: November 7 at the Ale House**

This is a great night of food, drinks, and giving! We'll award the Jordan M. Shay Memorial Grant and Trophy (\$10,000) as well as the Peter Gray Friend of Education Award. More details coming soon!

## **Welcome back to school!**

Back-to-school is always an exciting time, and we on the AEFI board wish all teachers, students, and staff a joyful year of teaching and learning!

We look forward to a joyful year of giving! This year, as always, we will give grants to teachers for exciting and innovative projects, awards to friends of education, outstanding educators, and distinguished APS alums, and scholarships to deserving students.

AEFI has given out nearly half a million dollars in grants to the Amesbury Public Schools over the past decade. Please visit our website for more information about our work: [www.aefionline.com](http://www.aefionline.com)

## **How Can You Support AEFI?**

**Attend our events!**

**Give an A+ Award to your child's teachers!**

**Register for the Amazon Smiles program!**

**Donate!**

**Volunteer!**

*See our website for more information.*

# Jeanne Geiger CRISIS CENTER

*Rain or Shine!*

25th  
Annual

**Walk Against Domestic Violence**

**Sunday, October 2, 2016**

**Registration Begins at 8:00 AM**

**Walk Begins at 9:00 AM**

Waterfront Park  
1 Market Square, Newburyport  
Meet us behind the Firehouse Center  
for the Arts

Registration is \$30 and includes a t-shirt.

Register online at

[www.jeannegeigercrisiscenter.org](http://www.jeannegeigercrisiscenter.org)

or contact Kelly Majewski

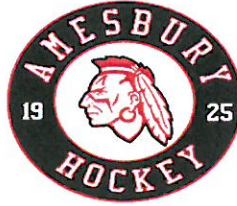
@ 978-465-0999 x14



***Presenting Sponsor***

**INSTITUTION FOR SAVINGS**

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.



# AMESBURY YOUTH HOCKEY

## LEARN TO SKATE PROGRAM

**SATURDAYS @ 10 AM FOR 11 WEEKS**

**OCTOBER 15th - December 24th @ the Graf Rink, 10AM- 10:50**

- **INTRODUCE SKATERS TO THE FUNDAMENTALS OF SKATING IN ACCORDANCE WITH USA HOCKEY STANDARDS IN A SAFE AND FUN ENVIRONMENT**
- **NEW DESIGN WITH LEVELIZED INSTRUCTION TO ASSIST PLAYERS AS THEY ADVANCE THROUGH THE PROGRAM REGARDLESS OF PREVIOUS SKATING EXPERIENCE**
- **INSTRUCTION BY AYHL COACHES, AHS HOCKEY PLAYERS, AND EXPERIENCED ASSISTANTS**
- **FAMILY FUN SKATE DURING LAST DAY (12/24)**
- **ALL PARTICIPANTS ARE REQUIRED TO HAVE SKATES, HELMET, ELBOW AND KNEE PADS (GLOVES OR MITTENS RECOMMENDED)**

The program cost is \$125. Registration is will be available online at [ayhl.org](http://ayhl.org). Hard copy registration forms are also available on the website under documents. For additional information visit [ayhl.org](http://ayhl.org) and like us on Facebook. Questions can be directed to [marshall.allen0@gmail.com](mailto:marshall.allen0@gmail.com) or [ingerson1978@gmail.com](mailto:ingerson1978@gmail.com)

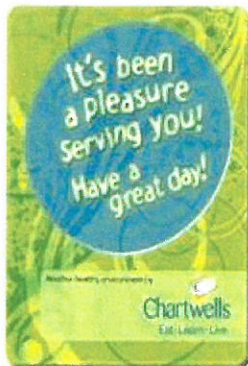
**SPACE IS LIMITED!!!**

## October 2016 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>4</p> <p>Ham, Egg &amp; Cheese on a English Muffin</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>5</p> <p>Pancakes w/Syrup</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>6</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>7</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit Assorted 100% Juice</p>
<p>10</p> <p>Columbus Day</p> <p>Schools closed</p>	<p>11</p> <p>Sausage, Egg &amp; Cheese on a English Muffin</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>12</p> <p>Mini Cinni French Toast</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>13</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>14</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit Assorted 100% Juice</p>
<p>17</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>18</p> <p>Ham, Egg &amp; Cheese on a English Muffin</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>19</p> <p>Pancakes w/Syrup</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>20</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>21</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit Assorted 100% Juice</p>
<p>24</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>25</p> <p>Sausage, Egg &amp; Cheese on a Biscuit</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>26</p> <p>Mini Cinni French Toast</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>27</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>28</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit Assorted 100% Juice</p>
<p>31</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>27</p> <p>Ham, Egg &amp; Cheese on a English Muffin</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>28</p> <p>Pancakes w/Syrup</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>29</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit Assorted 100% Juice</p>	<p>30</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit Assorted 100% Juice</p>

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### Alternate Breakfast Available Daily

#### **Cereal Bowl & Mozzarella Cheese Stick**

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

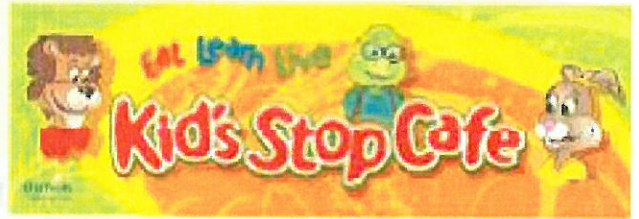
Offered w/ Featured Fruit or Juice Sides  
AND Choice of Skim, 1% or Fat Free Flavored Milk





\*All grain items made with whole grain

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions?  
Please call Kevin Kish @  
978-388-4800  
X4339

October 2016  
Elementary Lunch Menu  
Amesbury Public Schools



	Monday	Tuesday	Wednesday	Thursday	Friday
	3 <b>Chicken Patty on a bun</b> w/Lettuce & Tomato Crunchy Oven Fries	4 <b>Campbell's Tomato Soup</b> Toasted Cheese Sandwich Fresh Veggie Sticks	5 <b>Italian Meatball Sub</b> Crinkle Cut Fries Seasoned Mixed Vegetables	6 <b>Breakfast for Lunch!!!</b> French Toast Sticks with Sausage Patties Tater Tots	7 <b>Cheese or Pepperoni Pizza</b> Seasoned Broccoli
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	10 <b>Columbus Day</b> <b>Schools Closed</b>	11 <b>Macaroni and Cheese</b> Hot Dog on Wheat Bun Seasoned Broccoli	12 <b>Pasta with Italian Meat Sauce</b> Seasoned Green Beans Wheat Roll	13 <b>Breakfast for Lunch!!!</b> Pancakes with Sausage Patties Hash Brown Potato Patty	14 <b>Cheese Pizza Dunkers</b> w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Turkey & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	17 <b>Chicken Nuggets!!!</b> Mashed Potatoes w/Gravy Seasoned Corn Wheat Roll	18 <b>Spaghetti &amp; Meatballs!!!</b> Seasoned Broccoli Wheat Roll	19 <b>Nachos!!!</b> Seasoned Beef w/ Tortilla chips, Cheese Sauce, Lettuce Seasoned Corn, Salsa	20 <b>Breakfast for Lunch!!!</b> Waffles with Sausage Patties Hash Brown Potato Patty	21 <b>Cheese or Pepperoni Pizza</b> Seasoned Broccoli
Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter & Jelly Sandwich					
	24 <b>Italian Chicken Parm Sandwich</b> Mixed Vegetables Crunchy Oven Fries	25 <b>Turkey Tacos!!!</b> Mild Salsa Lettuce, Cheese Seasoned Corn Brown Rice	26 <b>Chicken Caesar Salad</b> made to order Mixed Greens topped with Chicken Nuggets and choice of Tomatoes, Cucumbers, Cheese and Croutons w/ Dinner Roll & Caesar Dressing	27 <b>Breakfast for Lunch!!!</b> French Toast Sticks with Sausage Patties Tater Tots	28 <b>Cheese Pizza Dunkers</b> w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Ham & Cheese Junior Sub w/ Lettuce & Tomato, Sun Butter & Jelly Sandwich					
	31 <b>Classic Cheeseburger</b> on Whole Grain Bun Oven Baked Fries Lettuce & Tomato Seasoned Carrots	<b>HAPPY HALLOWEEN</b> Free Dessert with meal purchase on Monday, October 31st!!!!			
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	<b>Choose with any Meal:</b> Tossed Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	<b>Choose with any Meal:</b> Caesar Salad Fresh Cherry Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit	<b>Choose with any Meal:</b> Tossed Salad Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	<b>Choose with any Meal:</b> Caesar Salad Chick Peas Assorted Fresh Fruit Assorted Chilled Fruit	<b>Choose with any Meal:</b> Tossed Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit

This institution is an equal opportunity provider and employer



Questions? Please call:  
Kevin Kish – Director of Dining Services  
978-388-4800 X4339

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate